

Today's Breakfast Choices

Build a complete meal by selecting at least 3 items, including ½ cup of fruit, vegetable, or fruit/vegetable combination.



Fruit/Vegetable/Juice



_____ item (s)
_____ item (s)
_____ item (s)
_____ item (s)

May Select _____ item (s)



Milk

_____ 1 item
_____ 1 item
_____ 1 item
_____ 1 item

May Select _____ item (s)

Notes:



Grains/Breakfast Entrees



_____ item (s)
_____ item (s)
_____ item (s)
_____ item (s)

May Select _____ item (s)



Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 groups, including $\frac{1}{2}$ c of fruit, vegetable, or a fruit/vegetable combination.



Protein*



Grains



Milk

*Also known as meat/meat alternate



Fruit



Vegetables

Notes:

